

## How can I protect myself?

- say **NO!** to sex and drugs
- say **NO!** to things that give you a “NO” feeling
- know the facts of HIV/AIDS and sexual diseases
- **PROTECT YOURSELF** from infected blood

## What if I ...

- ...have any questions about HIV/AIDS
  - speak to your Scouter
  - phone the 24hr AIDS Helpline: 0800 012 322
- ...have to treat somebody who is bleeding
  - call an adult
  - protect yourself against contact with the blood
  - cover the wound

- ...get sexually abused or raped
  - tell an adult
  - call the police
  - phone Childline: 0800 0555 55

- ...have sex
  - use a **CONDOM**: it is your only protection

- ...have an HIV positive friend or family member
  - you can still care by being their friend
  - encourage others to remain friendly to them
  - give a hug: you can't get AIDS from hugging

scouting  
and  
**aids**

We want to  
**KNOW!**

We want to  
**NO!**

## What is HIV / AIDS?

[Human Immunodeficiency Virus]  
[Acquired Immunodeficiency Syndrome]

HIV/AIDS is a virus that weakens the body until it can no longer fight off diseases.

**There is no cure!**

That's why you need to know the facts...

## How can I get AIDS?

through:

- contact with INFECTED BLOOD
- SEX with an infected person

and:

- from an infected mother to her baby

## The Scout Law and Promise ...

...are the rules in Scouting which we need to adhere to. By following these rules we become true Scouts and live up to the high standards that we set for ourselves.

## Other Sexual Diseases

[STD's: Sexually Transmitted Diseases]

- these are diseases you can get through sexual contact with an infected person
- they can cause DAMAGE to the organs of your body
- even DEATH, if not treated

By saying NO! we can protect ourselves from dangers and diseases.



Developed by the South African Scout Association

34 Palmyra Road Claremont 7700 Cape Town  
Tel: + 27 21 683 3910 Fax: + 27 21 683 3716  
E-mail: sahq@scouting.org.za